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TRAINSPOTTING, 20 YEARS LATER

DIRECTOR PLANS SEQUEL TO '90S FLICK ABOUT DRUG CULTURE IN SCOTLAND, BUT CAN HE GET THE ORIGINAL CAST ON BOARD? PAGE 9

The (almost) great escape

Men who fled prison via helicopter in broad daylight located by police PAGE 5

Yippee, I'm at work!

Fun and freedom the common threads in companies that made Fortune mag's top 100 PAGE 16

SENS SHUT DOWN JETS

Ottawa Senators' Chris Neil celebrates a goal as Winnipeg Jets goaltender Ondřej Pavelec looks on with Jets Ron Hainsey during third period NHL hockey action in Ottawa Sunday. Ottawa beat Winnipeg 4-1. For more on the game turn to page 17. FRED CHARTRAND/THE CANADIAN PRESS

New Quebec Liberal leader wants province to sign Constitution

Challenges ahead.

Liberal faithful gather in Montreal suburb to renew party

Big dreams

"I want that question that has done so much to divide us to be resolved in a way that brings us together around our values and shared identity."

Philippe Couillard, new leader of the Quebec Liberal party

The new Liberal party leader in Quebec says he wants to see the province's signature on the Canadian Constitution and put to rest divisions based on language, culture and history.

Neurosurgeon and former Quebec health minister Philippe Couillard won Sunday's leadership vote with 58.5 per cent of the 2,378 votes cast. He defeated former Liberal ministers Pierre Moreau, who came second, and Raymond Bachand, who finished third.

"Today a race ends," Couillard said, "but today a march begins."

He now faces the challenge of marshalling the official opposition in Quebec City's National Assembly without holding a seat in the province's legislature against a minority Parti Québécois government that could be forced into an election campaign at any moment.

And while the nitty-gritty of parliamentary brinksmanship will occupy the better part of his time for the foreseeable future, Couillard made no secret of his grand aspirations to make federalism work in a province where the differences from the rest of Canada are highlighted more frequently than the similarities.

"We say 'Québécois' and it's our way of being Canadian," Couillard said in a pre-vote speech to party delegates that drew on the long line of party leaders and their work in building a modern Quebec.

He highlighted one project that remains unresolved more than two decades after Canada repatriated the Constitution from Britain in 1982. The document was adopted by every province except for Quebec, which was governed at the time by former Parti Québécois premier René Lévesque.

The province, he said, needs to add its signature to that founding document.

"I want that question that has done so much to divide us to be resolved in a way that brings us together around our values and shared identity," Couillard said. TORSTAR NEWS SERVICE

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Mayor 'delighted' by premier's casino deal

Peace of mind.
But Watson still wants to see it in writing from OLG

GRAHAM LANKTREE
graham.lanktree@metronews.ca

After threatening to pull the plug on a casino deal Friday, Mayor Jim Watson is now, according to his press secretary, "delighted" with news Premier Kathleen Wynne is promising all Ontario municipalities will get the same casino deal.

"Mayor Watson is delighted with the Premier's statement but he still expects (Ontario Lottery and Gaming) OLG to respond to his letter," wrote press secretary Ryan Kennery in an email to Metro. Kennery said OLG has yet to respond to Watson's letter released to the media Friday in which Watson said Ottawa would pull out of a potential deal to build a new casino following reports that Toronto may get a special revenue-sharing scheme for a similar plan.

"Unless the City of Ottawa receives the same revenue-sharing formula as that being made available to the City of Toronto, I will, in the coming months, bring forward a motion to City Council recommending that the City of Ottawa withdraw from the OLG's RFP (request for proposal) process," Watson wrote.

Wynne responded Friday.

"Some news stories today are suggesting that Toronto is going to get a special deal with regard to hosting fees," Wynne said in a written release. "There will be no special deal for Toronto in connection with any proposed casino development. The approach OLG is taking in Toronto with regard to hosting fees will be the same as the approach being used in other parts of Ontario."

She said that any extra money "would reflect the size and scale that global gaming companies have confirmed is possible in the city."

Kennery indicated in an email that the mayor's letter was written in response to a story in The Globe and Mail published Friday that suggested "Toronto would receive fees for hosting a casino that are more than double those offered to other municipalities."

A request made Friday afternoon to the OLG for the details of the deal was not returned to Metro Ottawa.

WITH FILES FROM JOE LOFARO AND SEAN MCKIBBON

Quoted

"Mayor Watson is delighted with the Premier's statement but he still expects OLG to respond to his letter."

Mayor's press secretary Ryan Kennery
In an email to Metro

Vying to be the top Irish Rose

After being crowned the 2013 Ottawa Rose, Montreal's Keira Kilmartin, left, poses with last year's Rose, Avaleigh Eastman inside the Irish Ambassador's home Sunday. Nine women of Irish descent applied this year to become the Ottawa Rose in order to travel to compete in Ireland in The Rose of Tralee International Festival pageant. Kilmartin will be among 70 women who will travel to Ireland in June to compete before the group is narrowed down to 32. In August, the Rose of Tralee will be chosen in Ireland as the one who embodies qualities of the modern Irish woman. The Irish festival has been around for 54 years and the Ottawa Centre was established in 2009.

JOE LOFARO/METRO

Calls to paramedics increased in 2012: Report

Data in the Q4 2012 Quarterly Performance Report to Council shows total vehicle responses for the whole of 2012 increased by 9.7 percent when compared to all of 2011.

The only exception in the upward trend was in the last quarter of 2012 where paramedics recorded 28,416 trips — a slight decrease from 28,682 at the same time in 2011.

To put the increasing trend into perspective, there were 101,285 paramedic vehicle responses in 2010.

That number has jumped to 119,449 in 2012.

On the plus side, the report says the Ottawa Paramedic Service was able to "stabilize response times last year despite" an increase in response volume.

"Programs such as the paramedics response units, community paramedic programs and the off-load nurse program have assisted in maintaining response time targets," the report says.

Also, the litres of fuel needed to fill its vehicles has been on the rise since 2010.

There has been an increase in each quarter every year since 2010, with 263 litres being pumped in Q4 2012, up from 235 litres in the same quarter in 2010.

Firefighters meanwhile saw a decrease in calls for service in 2012.

Last year Ottawa Fire Services responded to 25,185 incidents in 2012 — a decrease from 26,361 in 2011 and 26,152 in 2010.

Their call volume in Q4 2012 also decreased by 607 calls — a 9.7 per cent drop.

While not directly comparable, the Ottawa Police Service received 274,000 calls for service in 2012 following an increase in 2011 (290,558).

The force recorded 386,327 calls in 2010, exceeding the annual average of 376,000.

JOE LOFARO/METRO

Quoted

"Programs such as the paramedics response units, community paramedic programs and the off-load nurse program have assisted in maintaining response time targets."

Quarterly Performance Report

Minors found guilty of rape

Steubenville, Ohio.
Pair sentenced to at least a year in juvenile jail in greatly criticized case

Two members of a high school football team were found guilty Sunday of raping a drunken 16-year-old girl in a case that bitterly divided an Ohio city and led to accusations of a cover-up to protect the athletes.

Steubenville High School students Trent Mays and Ma'Lik Richmond were sentenced to at least a year in juvenile jail, capping a case that came to light via a barrage of morning-after text messages, social media posts and online photos and video that drew global attention. Mays was sentenced to an additional year in jail on a charge of illegal use of a minor in nudity-oriented material.

The length of their sentence beyond the minimum will be decided by juvenile authorities.

Mays, 17, and Richmond, 16, were charged with digitally penetrating the girl, first in a car after a party on Aug. 11 and then in a house.

The teenage girl testified Saturday that she could not recall what happened but remembered waking up naked in a strange house after drinking. She said she discovered her phone, earrings, shoes and underwear were missing.

In questioning her account, defence attorneys went after her character and credibility. Two former friends of the girl testified that the accuser had a history of drinking heavily and was known to lie.

The accuser was photographed being carried by Mays and Richmond, an image that stirred up outrage as it spread online. Others have testified the photo was a joke and the girl was conscious.

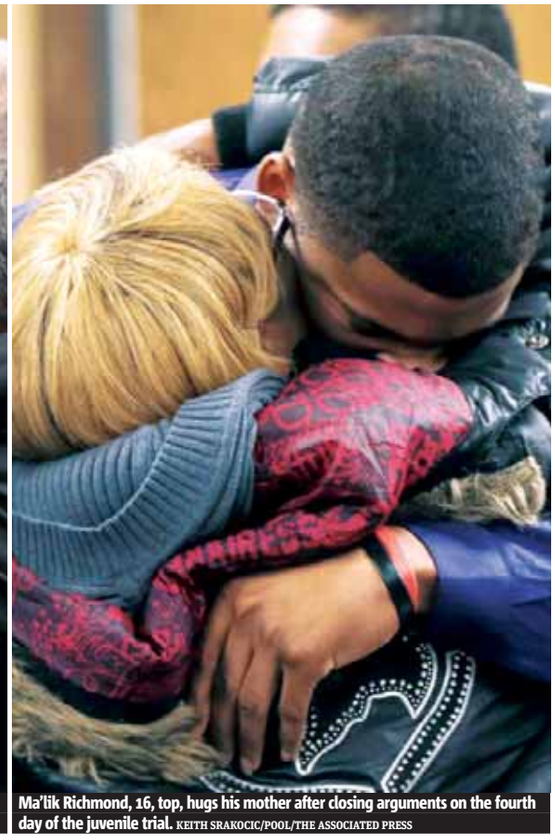
The photo led to allegations that three other boys saw something happening that night and didn't try to stop it but instead recorded it. None were charged, fuelling months of online accusations of a cover-up to protect the football team.

The teens were granted immunity to testify and helped incriminate the defendants.

Prosecutor Marianne Hemmeter criticized efforts by the hacker collective Anonymous to publicize the case, saying the extra attention led to a chilling effect on those willing to testify. Protesters stood outside the courthouse Sunday morning, some wearing masks.

Ohio's attorney general said he planned to investigate whether anyone else should be charged. THE ASSOCIATED PRESS

Trent Mays, 17, left, gets a hug from his father after Mays and his co-defendant were found delinquent on rape and other charges.



Ma'lik Richmond, 16, top, hugs his mother after closing arguments on the fourth day of the juvenile trial. KEITH SRAKOCIC/POOL/THE ASSOCIATED PRESS

Five arrested in gang rape, beating of tourists in India

Children participate in a protest against child abuse and rising crimes against women in Bhubaneswar, India, on Saturday. BISWARANJAN ROUT/THE ASSOCIATED PRESS

Police said they arrested five men Sunday in connection with the gang rape of a Swiss woman who was attacked in India while on a cycling vacation with her husband.

All five men admitted to the attack, which occurred Friday night as the woman and her husband camped out in a forest in the Datia district of Madhya Pradesh state, said D. K. Arya, a senior officer.

Arya said the men, who are from nearby villages, were arrested in Datia. Police were searching for two other men believed to have been involved in the attack, he said.

The couple told police that the woman had been raped by seven or eight men but that it was dark and they could not be sure of the exact number, Arya said. They said the husband was also attacked.

The woman, 39, was treated Saturday at a hospital in the nearby city of Gwalior and was released that day, police said.

Prior to the attack, the couple had visited the temple town of Orchha and were planning to cycle to Agra to visit the Taj Mahal, nearly 210 kilometres away.

They set out Friday from Orchha and pitched their tent in a forest near Jatia village when they were attacked by men armed with sticks, police said.

The men beat up the husband, tied him to a tree and then raped the woman, police said. They also stole the couple's cellphone, laptop and 10,000 rupees ($185 US). Police said they recovered the laptop and phone from one of the men who was arrested. THE ASSOCIATED PRESS

Endemic problem

Figures from India's National Crime Records Bureau show that a woman is raped there every 20 minutes.

- Many incidents go unreported due to stigma attached to such crimes.
- India's conviction rate for rape and other crimes against women is among the lowest in the world.

Arizona

Court to rule on law requiring proof of citizenship to vote

The U.S. Supreme Court will work this week to determine the legality of an Arizona law that tries to keep illegal immigrants from voting by demanding all residents show documents proving their citizenship before registering to vote in national elections.

The Obama administration is supporting challengers to the law.

If Arizona can add citizenship requirements, then "each state could impose all manner of its own supplemental requirements," Solicitor General Donald B. Verrilli Jr. said in court papers. THE ASSOCIATED PRESS

Canada to Colombia

Military exports draw controversy

The federal government's plan to sell military hardware to Colombia will help stabilize the country, says the Colombian ambassador to Canada. But a conflict-prevention expert based in the country says Canada should insist that human-rights monitoring accompany any sale.

A notice posted in January said Foreign Affairs Minister John Baird recommended an order amending the Automatic Firearms Country Control List to allow Canadian companies to sell automatic weapons to the Colombian military. Baird's office has subsequently said the list was actually amended to sell armoured personnel carriers. THE CANADIAN PRESS

Egypt

Vigilantes kill two with police on strike

Egyptian vigilantes beat two men, accused of stealing a rickshaw and trying to kidnap a girl inside it, on Sunday and then hung them by their feet. Both men died, security officials said.

Afterward, residents took their bodies and dumped them on the doorstep of a nearby police station, according to witnesses.

The killings come a week after the attorney general's office encouraged civilians to arrest lawbreakers and hand them over to police. The call was prompted by a massive police strike and deteriorating security. THE ASSOCIATED PRESS

Two escaped convicts arrested

Quebec. Prisoners climbed into a helicopter to escape Sunday, were found hours later

A dramatic daylight jailbreak involving two Quebec inmates climbing a rope into a hovering helicopter swiftly escalated into a large police operation Sunday night in which both escapees were tracked down hours after they fled.

Police confirmed they had arrested Benjamin Hudon-Barbeau and two other suspects in Chertsey, Que. Danny Provencal was arrested about an hour later.

Chertsey is located about 50 kilometres north of the jail in Saint-Jerome from where the inmates made their escape.

"They are all being transported to the nearest police station to be questioned by the investigators," provincial police spokesman Sgt. Benoit Richard said of those in custody, before Provencal's arrest.

Richard wouldn't give any details about how the arrests were made or what those who had been arrested would be charged with.

Earlier on Sunday, authorities had said 36-year-old Hudon-Barbeau and 33-year-old Provencal had broken out of the jail by climbing a rope into a waiting helicopter.

Police had tracked down the helicopter about 85 kilometres away in Mont-Tremblant, but only the chopper's pilot was still at the scene.

The pilot was taken to an area hospital where investigators were expected to speak with him. Police said it was too early to know what role the pilot had played in the escape.

Hours after the jailbreak, a Montreal radio station, 98.5 FM, received a call from a man claiming to be Hudon-Barbeau, who said he was "ready to die" as he tried to evade police.

"The way they're treating me in there, it's unreal," the man told the radio station. "They won't let me be. They put me back in prison for nothing."

Authorities did not immediately speak to the claims made in the radio station interview.

Yves Galarneau, the correctional-services manager who oversees the jail, said he'd never seen anything like the dramatic escape in more than three decades on the job.

THE CANADIAN PRESS

Saint-Jerome

The jail experienced a mini-riot by about a dozen prisoners a little over a month ago.

- Police were asked to secure the outside of the prison, which holds about 480 inmates, and facility staff used pepper spray to disperse the mob.

Holy hello!

Pope Francis greets a priest at a gate of the Vatican on Sunday. Pope Francis began his first Sunday as pontiff by making an impromptu appearance from a side gate of the Vatican, startling passersby and prompting cheers, then kept up his simple, spontaneous style by delivering a brief, off-the-cuff homily at the Vatican's tiny parish church. Dressed only in a white cassock, Francis waved to the crowd in the street and shook the hands of the parishioners and kissed babies. L'OSSERVATORE ROMANO/THE ASSOCIATED PRESS

Leaked report

Wide defence cuts loom, changing of the guard saved

It seems the only soldiers who are safe from the coming budget axe are those that parade around Parliament Hill in the changing-of-the-guard ceremony for tourists in the summer, a leaked report suggests.

The army faces another barrage of major reductions over and above the Harper government's established deficit-fighting strategy and program review.

An army planning document shows that land forces are bracing for a further eight per cent hit on operating and maintenance in the coming fiscal plan, in addition to an existing 22 per cent budget reduction.

The latest cuts, estimated in the range of $32 million, will come on top of $226 million in cuts ordered in the government's strategic review and Deficit Reduction Action Plan, says a Jan. 31, 2013, document, written by Lt.-Gen. Peter Devlin. THE CANADIAN PRESS

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Tory horn-tooting. PCO stole Parks Canada's spotlight: Documents

Internal documents show the prime minister's department micro-managed a media event staged by Parks Canada, trying to erase the venerable agency from a public announcement while promoting the Harper government.

The incident is a case study in communications control from the centre, a signal feature of the governing Conservatives since they first came to power in 2006.

The event was an Oct. 17, 2011 news conference in Halifax to announce an agreement to transform Sable Island, a fabled sand crescent 290 kilometres off Nova Scotia, into a national park reserve.

The deal had been meticulously negotiated by Parks Canada with the Nova Scotia government over the course of a year, and proud officials wanted a splashy announcement as a way to celebrate Parks Canada's 100th birthday in 2011.

A media event was planned months in advance, with Environment Minister Peter Kent and Nova Scotia Premier Darrell Dexter joining Parks Canada officials for speeches and a signing ceremony.

Environment Minister Peter Kent
THE CANADIAN PRESS FILE

Alas for Parks Canada, the carefully wrought plan started to unravel days before the event when a vetting team at the Privy Council Office began to pick apart the agenda, the news release and two background documents, demanding changes. A PCO note said to purge all three Parks Canada officials from the dais, and to find a politician to be the MC. THE CANADIAN PRESS

Will and Kate salute St. Paddy

Prince William and Catherine, Duchess of Cambridge, attend a St. Patrick's Day parade by the 1st Battalion Irish Guards on Sunday in Aldershot, England. The Duchess of Cambridge said Sunday that she doesn't know the sex of her first child — but she hopes it's a boy. Her husband Prince William, however, would prefer a girl. PHOTO: GETTY IMAGES, TEXT: THE ASSOCIATED PRESS

Keystone XL. Alberta makes case for pipeline in New York Times ad

The Alberta government, continuing to press its case for the Keystone XL pipeline, took out an ad in Sunday's New York Times newspaper, tying the controversial project to core American values and to U.S. pride in its military.

The half-page ad is headlined "Keystone XL: The Choice of Reason."

It acknowledges the validity of environmental concerns, but stresses the $7-billion pipeline is about much more than that.

"America's desire to effectively balance strong environmental policy, clean technology development, energy security and plentiful job opportunities for the middle class and returning war veterans mirrors that of the people of Alberta," reads the $30,000 ad.

"This is why choosing to approve Keystone XL and oil from a neighbour, ally, friend and responsible energy developer is the choice of reason."

Stefan Baranski, a spokesman for Premier Alison Redford, said the ad was taken out to counter a New York Times editorial that ran a week ago urging U.S. President Barack Obama to reject the 1,800-kilometre TransCanada line.

"It's important for Alberta to get the facts on the table as widely as possible," said Baranski. THE CANADIAN PRESS

Opposition

For U.S. pipeline protesters, the oilsands operations are a symbol of greedy, short-sighted thinking.

- Approving Keystone, they say, encourages producers to pursue high-carbon operations that will boost the greenhouse gases already causing climate problems like higher temperatures, superstorms and severe flooding.
- The New York Times agreed with that position in its editorial last Sunday.

Ask the Experts

Selling Your Gold Jewellery… But at What Cost?

This Ask the Experts segment will focus on what is a fair cost is for selling your gold and silver.

Consumers are used to paying a price for 'convenience'. Buying a litre of milk at the corner store usually comes with a cost for convenience. But would you buy all your groceries at there just because it was convenient? Not likely. So using that same logic, you wouldn't walk into any place and sell your unwanted gold and silver items, would you?

Just turn on the radio or open your local paper and you're bombarded by compa-nies screaming "TURN YOUR GOLD INTO CASH!" Amazingly, they all claim to pay "TOP DOLLAR". For all their flashy ads, these antique roadshows and coin collector companies are right about one thing - the skyrocketing price of gold has people wondering how much their gold is really worth.

Recycle Frog, an Ottawa-based gold and silver buyer, was founded by ex-Royal Canadian Mint employees. Their business is built on providing a new way to sell unwanted gold and silver jewellery without fear of being financially penalized.

Convenience shouldn't have to come at a hefty cost. Instead of penalizing their customers, Recycle Frog provides a convenient and financially rewarding way for consumers to sell their old gold and silver with payouts consistently 15-20% higher than the industry average.

Their customers appreciate the way they're treated from the time they call, right through to the friendly face they see during their expert material evaluation. It's that familiar and professional experience that really sets Recycle Frog apart from their 'competition'.

Attracting a new type of consumer required the creation of a new business model build on integrity, transparency and convenience. So that's exactly what Recycle Frog did.

You can schedule a private appointment at Recycle Frog's office at the World Exchange Plaza (downtown) during regular business hours. For more information or, to find out about their upcoming events or to schedule an in-office appointment, visit recy-clefrog.com or call 613.755.4030.

If you've ever wondered how much that old or broken gold jewellery is really worth, then check out Recycle Frog. You'll be glad you did.

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Holy meets high-tech at the Pontificium Consilium de Communicationibus Socialibus

Vatican City. Metro gets an exclusive look behind the scenes at the Pope's social media office

ELISABETH BRAW
Metro World News in Vatican City

As I walk into his office, Paul Tighe is on the phone with Apple regarding The Pope App. Yes, this is the Pope's social media office.

And Monsignor Tighe's operation would put any newspaper to shame. In the office next to his, a team tweets, adds content to the news portal news.va, uploads photos to Flickr, fine tunes The Pope App (for Android and Apple devices) and monitors livestream video.

"We have the Habemus Papam tweet ready to be sent out," Miguel Chavarra, a young Spaniard, tells me. Sure enough, the very same evening, as soon as a cardinal has announced the magic words that make Jorge Mario Bergoglio Pope Francis, the tweet goes out.

Quoted

"Jesus went into the marketplace and preached the Gospel. Digital media is the new marketplace. We can't be afraid to go there."

Monsignor Paul Tighe, head of the Pope's social media operations

"Today's news model is short news and lots of images, and that's good for the church," explains Tighe, an Irish priest who's been in charge of the Pope's social media operations — formally known as Pontificium Consilium de Communicationibus Socialibus — for the past five years.

"The church has always been very visual, and communications is like theatre. Just think of all the people waiting to see the black and white smoke." Indeed, as soon as the white smoke emerged, millions of people had tweeted and retweeted the news.

This screengrab shows the Vatican's English language Facebook page. FACEBOOK.COM

Tighe's headquarters on Via della Conciliazione, in front of St. Peter's Square in Rome, illustrates the ironies of running the high-tech division of a millennia-old organization: it has a Latin name, but operates in Silicon Valley-speak.

The mostly young staff, including several interns of about 30, work on state-of-the-art computers in offices decorated with the ubiquitous pictures of the Virgin Mary.

In fact, the otherwise conservative Vatican embraced social media early on. "The people who listen to us can bring the information to a wider audience," says Tighe.

"We've made mistakes while adopting to social media. One of the biggest ones was to underestimate the dynamic and interactive nature of social media. One of our earlier forays was initially very successful but grew static because we didn't update enough. But we've learned."

Where to find the Pope

- **Web:** news.va
- **Twitter:** @Pontifex (Pope); @news_va_en (Vatican)
- **Facebook:** facebook.com/news.va, in different languages
- **iPhone, Android:** The Pope App (free)
- **Flickr:** flickr.com/photos/newsva

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OTTAWA: A CAPITAL IN ITS CUPS?

URBAN COMPASS

Steve Collins
ottawa@metronews.ca

So how was your St. Patrick's Day? I ask softly, to spare your head, in case it seems to be rapidly increasing and decreasing in size this morning. I'm not whispering so much as I'm a little hoarse myself.

Ottawa Public Health thinks we, as a city, have a drinking problem. According to a report released last week and going to the board of health today, 28 per cent of us exceeded Canada's Low-Risk Alcohol Drinking Guidelines last year (15 drinks a week for men, 10 for women).

A quarter of Ottawa's adults, and nearly three-quarters of young adult males reported heavy or frequent binge drinking in the last year. All of these numbers, the report points out, indicate Ottawa is noticeably drunker than Ontario in general.

Health officials aren't sure just why Ottawa drinks so much. Drug use here is in line with the rest of the province — apart from cannabis, which also appears to be a local favourite. Higher household incomes or the large number of post-secondary students in town, they suggested, may have an effect.

As home to our federal government, as well as so many diplomats and lobbyists, the sheer number of opportunities to over-indulge at receptions might also be a factor. (Close and protracted proximity to so many politicians might even be driving some of us drink.)

The definitions of "binge" and "heavy drinking" no doubt play a role. As few as five drinks in a sitting (four for women) qualifies as the former, and if you indulge in such excess once a month, that counts as the latter.

Five drinks, in my experience, is approximately when the conversation starts getting really good, though the pub-goers at the next table may beg to differ.

Of Ottawa residents, 45 per cent of those surveyed reported having binged in the past year. I may travel in particularly unhealthy circles, but most people I know would likely say they have had four or five drinks on some occasion or other in 2012. The likely health hazard of one such indulgence might be exceeded by that of an entire year of having nothing to celebrate.

This is not to deny that alcohol abuse (or misuse, as OPH calls it) causes problems, usually stupid and avoidable ones, often big ones, and sometimes terribly final ones. The report points out that police laid 689 impaired driving charges last year, and alcohol figures in at least 970 hospitalizations annually, from the usual gravity-related misadventures to mental health problems to chronic illnesses like cirrhosis and cancer. Booze accounts for some 110 deaths here, about 1.5 per cent of annual fatalities.

Apart from efforts to improve access to treatment and referral services, OPH mostly proposes to fight our drinking problem with more education and promotion of healthy drinking.

Some might call it nagging, but nagging is a vital component of public health. Maybe people listen, maybe they don't, but education's more likely to produce results than trying to force healthy behaviour, as New York found out last week when its attempt to ban the sale of the largest buckets of soft drinks was struck down in court.

Ultimately, the city's not responsible for your health. You are.

ZOOM

A cool way to say goodbye to winter

DENIS TYRIN/THE ASSOCIATED PRESS

Ice castle gets demolished

People storm a snow castle during celebrations of Maslenitsa, or Shrovetide, outside Marfino village, some 52 kilometres north of Moscow on Sunday.

Maslenitsa is a traditional Russian holiday marking the end of winter that dates back to the pagan times. THE ASSOCIATED PRESS

Pagan tradition is popular

Celebrations include pancakes (the pagan symbol of the sun), carnivals and the burning of scarecrows.

Despite the tradition's pagan roots, it has been integrated into the Orthodox calendar and survived the advent of Christianity and the Communist era that banned religions. THE ASSOCIATED PRESS

Clickbait

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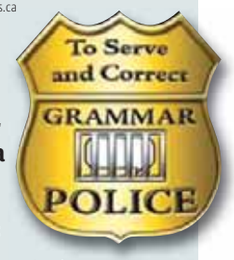

Woe to those who send tweets with reckless disregard for grammar. Because out there lurks a vigilant army of Twitter bots, each devoted to catching a common error and quick to publicly shame with a retweeted rebuke. Here's a few:

Your in America Bot (@yourinamerica)

Fun fact about people who don't know the difference between your and you're, yet still consider it their place to scold others on how to speak, eat and behave when "your in America": They don't like being corrected either.

Stealth Mountain (@StealthMountain)

A personal favourite, Stealth Mountain's watchful eye has plenty of scorn for those who confuse sneak peek with "sneak peak."

CapsCop (@CapsCop)

"Looks like someone forgot the combination to their caps lock," and "On Twitter no one can hear you scream," are among the supply of chides CapsCop has for those who prefer to express their anger LIKE THIS.

Letters

RE: Horse as the Main Course, published March 4

"The greatness of a nation and its moral progress can be judged by the way its animals are treated."

This quote, attributed to Gandhi, illustrates the progress Canada could make if it took a more innovative and humane approach to the slaughter of meat animals by world standards.

We are known for peacekeeping, what about the end of life treatment of our meat horses? What about a more peaceful death? Horses require special end of life management, they are not cows but rather are a prey animal and as such have heightened awareness.

Canada needs slaughter plants that are set up specifically for horses – tough job. Horses smell fear, smell blood, hear alarm vocalization and will jerk and throw themselves around to escape danger. Slaughter houses are not quiet. Special floors cut down on hazards but slippery conditions cause horse falls and injuries. Slaughtering horses is dangerous for the human handlers. Horses will struggle and flip themselves to get away.

Canada can be the world leader in innovative horse slaughter practices and then in good conscience ship overseas.

Marielee Wolfe, Calgary, Alta.

WE WANT TO HEAR FROM YOU: Send us your comments: ottawaletters@metronews.ca

metro

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SCENE

What has happened to Renton and crew in the last 20 years? HANDOUT

Trainspotting, all grown up

Sequel in the works. Director Danny Boyle confirms a draft of a script has already been completed, film hinges on original actors coming on board

NED EHRBAR
Metro World News in Hollywood

Those rumours about plans for a Trainspotting sequel are true, and there's already a draft of the script done, director Danny Boyle confirms. "These guys who in their early 20s as characters took enormous risks with their selves, with their bodies — what you can ingest, what you get away with at that age — what's it like when you hit your 40s, when you begin to creak and osteoarthritis begins to set in?" Boyle says. "I think it will be doubly reflective because the actors will have aged — you'll be looking at them 20 years older — the characters will be locked, presumably, inside their world still in Edinburgh in some way, and the audience of course will also be older. You'll go, 'Wow, what happen to that 20 years? Where did that go?'"

Novelist Irvine Welsh published a follow-up to the original novel in 2002 called Porno, though it's unclear if Boyle's film would have anything to do with that book. But original screenwriter and frequent Boyle collaborator John Hodge is already on board. "John will write it," Boyle says. "John's done an early draft. He's done a kind of exploratory draft on it, so we're starting to work on it."

But there is one major hurdle to the sequel going forward, as far as Boyle is concerned, and that's getting original stars Ewan McGregor, Jonny Lee Miller, Ewen Bremner and Robert Carlyle back together. "We haven't (secured anyone yet)," Boyle says. "I mean, we have to get the script right, because they will only do it if they think the script's good enough, I think. A few of them will obviously think, 'I shouldn't do that. If it's going to be disappointing, it would be really bad.' And they'll each make their own individual decisions. I think we won't do it unless we can get them all."

Director Danny Boyle says one major hurdle is getting the original actors on board. GETTY

Bates to get freaky for American Horror

Filming in The Big Easy. With the subtitle Coven, the next season of the haunting TV anthology will feature witches

The third season of American Horror Story will be subtitled Coven, and add actress Kathy Bates to the series' ensemble, according to the TV anthology's co-creator, Ryan Murphy.

"We're far enough along in the writing that I can tell you what it's about," Murphy announced to more than 1,000 of the show's fans who attended the PaleyFest panel on the series Friday night at the Saban Theatre in Los Angeles.

Murphy (Nip/Tuck, Glee, The New Normal) confirmed there would be witches in the new season, but failed to reveal any more plot specifics. "It's a really cool story that we've been talking about for a couple of years, actually, and this seemed the year to do it," he continued, dropping one more tidbit:

After filming the first two seasons on lots and soundstages, parts of series three will be shot in New Orleans. "The fun thing about doing the show is researching what are the really haunted places in America, because every year the institution is one of the lead characters," Murphy explained. "We have another couple doozy locales."

THE ASSOCIATED PRESS

Longtime friends Kathy Bates and Jessica Lange. GETTY IMAGES

Kate Middleton ALL PHOTOS GETTY IMAGES

Scrabble turning into a royal competition

Apparently all couples fight, including Prince William and Kate Middleton.

In the new documentary Our Queen, British Olympic boxer Anthony Ogogo reveals that Middleton confided to him that both she and her husband have a competitive streak that comes out particularly when they're playing Scrabble, according to the Daily Mail.

"She said when they play Scrabble they don't usually finish a game, because somebody got in a mood and slammed it shut," Ogogo says.

Danny DeVito and Rhea Perlman back together?

For once, some good news in the world of celebrity relationships: Danny DeVito and Rhea Perlman are reportedly back together after separating last fall, according to People magazine. "They love each other," a friend of the couple says. "Always have and always will." Their split stunned Hollywood, as the couple had been married for 30 years at the time of their split.

Danny DeVito and Rhea Perlman

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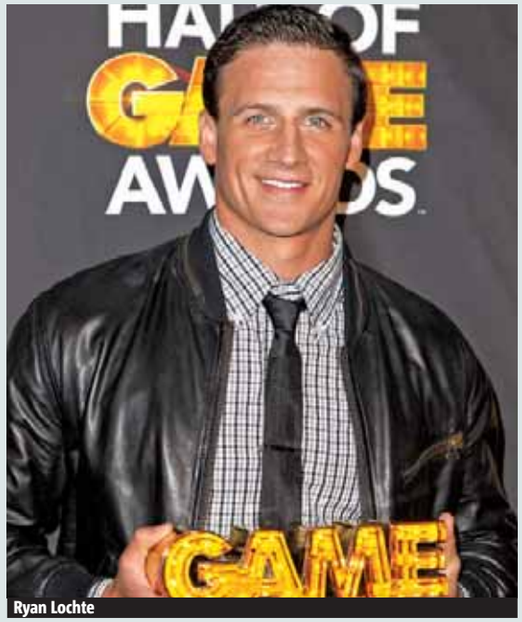
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



Ryan Lochte

Swift didn't get her mail and everyone else just got hacked

STARGAZING
Malene Arpe
scene@metronews.ca

Matt Damon, John Goodman, George Clooney and Bill Murray go to dinner together. That explains the in-depth comments about independent movies as well as the wry witticisms.

Josh Brolin, Benicio del Toro, Bradley Cooper and Michael Fassbender go bar-hopping together. That explains the trail of broken hearts, haphazardly dropped frilly undergarments and grease repellent.

This week in cancelling and quitting. 1) Rihanna cancels a couple of concerts due to laryngitis. 2) Vince Neil drops out of a Motley Crue concert due to kidney stones. 3) Emma Watson quits the Cinderella movie. 4) Justin Bieber cancels one of two Portugal shows due to lacklustre ticket sales.

A number of celebrities, including Beyoncé, Britney Spears, Donald Trump, Ashton Kutcher, Mel Gibson and Paris Hilton, have had their personal financial information hacked and posted on the web. "OMG!" says Paris Hilton. "I knew it! I'm still a celebrity!"

Sean Lowe, who is fresh off the Bachelor, will be competing on the new season of Dancing With The Stars. It's good to know that he has his priorities in order and that they definitely don't include spending time with the woman he'll never marry.

Jennifer Aniston's rep denies a story that Jennifer and Justin will be married in Hawaii really soon. But did the rep deny the story that they'll be married by a warlock in the middle of a cheese pyramid? No, I think not.

Ryan Lochte and Carmen Electra are dating. They have a lot in common because he's a swimmer and she once wore a swim suit on Baywatch.

Corerekshon. When we reported that a pile of unopened Taylor Swift fan mail was found in a Nashville recycling bin we meant to add that Taylor Swift is never, ever getting back to you.

Miley Cyrus

Don't jump to conclusions: Miley's ring was simply getting repaired

Miley Cyrus has an explanation for why she was spotted without her engagement ring recently amid rumours of trouble between her and fiancé Liam Hemsworth. The ring was off getting repaired. Cyrus responded to a friend on Twitter recently who was complaining about having to get her own engagement ring repaired, adding, "That's the worst! I just had a similar situation except when it happens to me then everyone says my wedding is off."

Twitter

@EmWatson
Who here actually thinks I would do 50 Shades of Grey as a movie? Like really. For real. In real life.

@jason_mrazc
Anybody got access to a kuala bear? Looking for a hug.

@Sethrogen
Call me crazy, but I prefer "Wrath of the Titans" over "Clash of the Titans."

@SarahKSilverman
I'm not going to let the fact that there's butter on my cell phone make me feel bad about myself & my choices

Travel tidbit

Get on the bus

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

When visiting a new city, one of the best ways to get to know it quickly is via one of the oldest travel institutions: the tour bus.

I've taken tour buses all over, including New York City, London (England) and most recently, Philadelphia. All of them operate on the same basic premise: to get you to as many local attractions as they can, while providing you with historical facts (and usually a few laughs) along the way with an experienced tour guide. In Philadelphia, for example, the Big Bus Tour was a double decker bus that travelled to the Liberty Bell, Benjamin Franklin's burial site, Independence Hall, even the Philadelphia Museum of Art for a run up the famous Rocky steps.

Most tour companies will offer a "hop on, hop off" option, allowing passengers to get off at prescribed stops near monuments, attractions, etc., spend as much time as they want and simply get on the next bus.

Many tour companies also have packages that include discounted tickets, and sometimes VIP lines for the attractions where they stop. For families travelling with little children and their equally little legs, this is an easy way to absorb a city. KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.

Exclusively online

Apparently getting a Soho House membership is child's play vs. snagging you a spot in the toddler room at Alphabet Academy. Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices

Is your little one ready to graduate to a toddler bed?

Sleep routine. One sleep expert shares her advice for making the transition as painless as possible for you and your big boy or girl

NATALIE SHURE
Metro World News in New York

One expert says age three is a great time to transition kids from cribs to beds. ISTOCK

Easing your child through the transition from sleeping in a crib to a new bed doesn't need to be a nightmare.

Child sleep consultant Amy Lage has made a career out of helping families best approach this crucial moment in a toddler's life.

If your child cannot stay in a crib safely any longer (for example, your little monkey is making a great escape every night to crawl into bed with you) or is asking for a toddler bed, it might be time for Lage's advice.

Why is the transition from crib to bed so important?

We want to make sure that the entire family is getting as much sleep as possible, and that your children are well-rested. To avoid those middle-of-the-night wake-ups, it's important to set the tone and do it right the first time. It keeps everybody on track.

Your suggestion of letting a child pick out new sheets or a bed frame is an interesting idea. Do kids find this exciting?

Yes! Children are always a little nervous about the change. This makes them feel in control of the situation, which is so important for toddlers. They are so often grasping for control in their lives.

What sparked your interest in this topic? Did you have trouble transitioning your children?

I have a two-year-old and a two-month-old. The older one is actually still in her crib, and will stay until she asks to switch. In the sleep community, we really think it's important to keep children in their crib until they are really ready. I'm a big believer in waiting until three if you can.

Why is three the magic number?

At three, you can reason with them. Before that, most kids really can't comprehend guidelines or why it is important to follow directions. Until they can understand and recognize boundaries, it is so much easier to keep them in the crib, where they can have the best sleep.

Get organized just in time for spring cleaning

Organize the messiest of rooms with hooks and bins. ISTOCK

With spring making its debut on Wednesday, it's time to get your kids' rooms in shape.

"It was nice to be organized 20 years ago," says organizing consultant Kathryn Bechen, author of Small Space Organizing: A Room-by-Room Guide to Maximizing Your Space (Revell, 2012). But given how busy we are today, she says, "it's become a necessity."

Here are some experts' tips on arranging your child's bedroom in ways that will simplify life.

Get them excited

No need for full-scale redecorating. An offer to rearrange items and perhaps add a few new ones will probably get your child excited enough to help shape up her space. "Try to make it fun," Bechen says. "Take one whole Saturday or Sunday for the whole family to work on it."

Pare down

Donna Smallin, author and creator of unclutter.com, suggests having kids help haul everything they own into the hallway outside their room.

When the room is empty, have them bring back in only their favourite or most necessary things. When all the necessities are back in, start discussing what might be good to give away, sell or box up for storing. Reassure the child that items in storage can always come out again later.

Use the walls

Kids are more likely to use hooks than hangers. So add lots of colourful hooks at your child's level — not just one or two, but a whole row — to store hoodies, jackets and even pants.

Also consider hanging a shoe bag on the back of the door, but don't feel obligated to use it for shoes. It can be filled with socks and underwear, small toys or anything else that needs to be easily located. Another great item is a dry-erase board where kids can keep a checklist of tasks for bedtime and morning. THE ASSOCIATED PRESS

Give your Eggs Benedict a makeover with asparagus

Adding asparagus into your breakfast or brunch is a simple, unexpected way to energize your body with essential vitamins and minerals.

Fibre is also an essential nutrient. Did you know that one slice of bread contains as much fibre as one cup of asparagus? Fibre helps you maintain a healthy weight as it keeps you feeling full longer.

This Eggs Benedict recipe, with asparagus and whole grains, is high in fibre and uses fresh produce.

This recipe serves six. NEWS CANADA

Ingredients

- 1 (56 g) package dry hollandaise sauce mix
- 24-30 asparagus spears
- 1 tbsp (15 ml) white vinegar
- 6 eggs
- 12 slices Schneiders Peameal Style Bacon, cooked as per package directions
- 6 slices Dempster's WholeGrains 100% Canadian Century Grains Bread, toasted
- 6 slices swiss cheese
- Salt and pepper

1. Cook hollandaise sauce according to package directions. Keep warm.

2. Blanch asparagus in boiling water until tender crisp, about 2-3 minutes. Set aside.

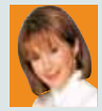
3. Bring pot of water to boil. Lower heat to keep water just simmering. Stir in vinegar. Working one egg at a time, crack into a small cup and gently drop into the simmering water. Once all eggs have been added, cook until desired doneness, about 3 minutes for medium poached. Remove eggs from pot with a slotted spoon.

4. Place 2 slices of peameal bacon on each slice of toast, top with slice of cheese, layer of blanched asparagus and a poached egg. Drizzle with desired amount of hollandaise sauce and season with salt and pepper. Serve immediately.

NEWS CANADA/ NATURALLYDEMPSTERS.CA.

Healthy eating

Choose it and lose it



ROSE REISMAN
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Jack Astor's Chicken BLT Poutine

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Equivalent

One Jack Astor's Chicken BLT Poutine is equal in calories to 23 chicken wings.

Jack Astor's Le Montreal Special with mashed potatoes

686 calories / 25.9 g fat
This corned beef sandwich with potatoes has close to half the calories and a third of the fat of the poutine.

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Raisin Pecan Sticky Toast: A sweet start

Surprise everyone at the breakfast table by offering up something a little bit sweeter with this Raisin Pecan Sticky Toast. Not only is it delicious, but it's also simple to make.

This recipe serves four. SUN-MAID

Ingredients

Prep time: 5 minutes
Bake time: 17 minutes

- 4 Slices Sun-Maid Raisin Cinnamon Swirl Bread
- 3 tbsp (45 ml) butter melted
- 3 tbsp (45 ml) packed brown sugar
- 1 1/2 tbsp (22 ml) honey
- 1/4 cup (60 ml) chopped pecans

Orange Glaze (optional)

- 3 tbsp (45 ml) powdered sugar
- 1-2 tsp (5-10 ml) orange juice

1. Heat oven to 425 F. Place raisin bread on a parchment paper lined baking sheet.

2. Combine butter, brown sugar, honey and pecans. Divide this nut mixture evenly between bread slices.

3. Bake 5 to 6 minutes or until top is bubbly and edges toasted. Cool on a wire rack 5 minutes.

4. Stir together powdered sugar and orange juice until smooth. Drizzle over toast, if desired.

5. Serve slices whole or cut into triangles, squares or fingers for snacks.

SUN-MAID

Take a bite out of the job hunt jitters by prepping for interview questions. ISTOCK

No loose cannons need apply and other interview tips

Job search. Was that a candid career query or a trick of the trade?

KELLY PUTTER
CareerBear.com

Interview questions are often a mix of simple, straightforward experience inquiries and trickier ones designed to get a sense of your attitude, personality and work style.

The following questions get trotted out regularly so you should have a response at the ready, recommends Heather McNab, a job interview guru and author of What Top Professionals Need to Know About Answering Job Interview Questions.

Where do you see yourself in five years?
Your response to this question should be general because if you make it too specific that might lock you into goals the organization can't deliver on. And, definitely don't go in for the kill, says McNab, by saying you want to be director in two years. That could be viewed as negative. Instead, tell the interviewer you enjoy forward movement and discuss courses and professional development you've undertaken or plan to take that might pave the way. Suggest that you are also open to lateral moves within the organization because that's a great way to learn the ropes.

What are your greatest strengths?
Focus on the strengths that meet the needs of the hiring organization — with concrete examples. In order to answer this one well and talk about strengths that will solve their problems, you really need to understand the organization, so make sure you do your homework before the interview. "The job description will highlight what they're looking for," says McNab. "It's like the menu and these are all the ingredients for the job candidate ... you want to prove you have each of these ingredients."

What would you change about our company?
Don't say precisely what you would change because you might get it wrong without knowing the company from the inside out. Instead, talk about how you would identify what you'd change. This gives broad strokes about what you'd do in your first 30 days. It also shows them your problem identification skills and how you zero in on opportunities. Say things such as: "I never like to reinvent the wheel" or "I just like to make it work better." These types of statements give the impression that you're not wasteful or a loose cannon. "In a tight economy, that's a good thing to say in most companies," McNab says.

Share your shortcomings

Tell us about a weakness?

- What they're really doing with this one is determining if you're forthright and honest about your flaws
- This shows potential employers your level of self-awareness and emotional intelligence. Give honest answers. "Don't say I work too hard," says McNab. "They won't buy it. They want proof you're human."
- One good way to answer this question is to pick a weakness that you overcame earlier in your career. Be sure to identify the positive results that happened after you took steps to conquer it.

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
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Five work days and a little baby

Moms, moola and making ends meet.

More moms say full-time jobs ideal for them, economy at play

Working mothers increasingly want full-time jobs, and tough economic times might be a big reason, according to a national survey.

In the Pew Research Center study being released Thursday, researchers saw a big spike in the share of working mothers who said they'd prefer to work full time — 37 per cent said that was their ideal, up from 21 per cent in 2007.

The poll comes amid a national debate on women in the workplace ignited by top Facebook executive Sheryl Sandberg, who writes in a new book about the need for women to be more professionally aggressive.

In Lean In: Women, Work, and the Will to Lead, Sandberg argues that women have not made true progress in the workplace over the past decade and that they need to raise their hands more and "lean in" if they want to land more senior positions in corporate America.

The shift toward full-time work in the Pew poll, however, coincides with the recession and may have less to do with career ambitions than with financial realities.

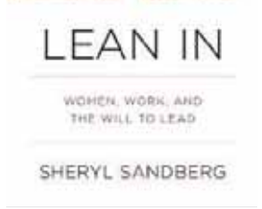
"Women aren't necessarily evolving toward some belief or comfort level with work," says study co-author Kim Parker, an associate director at the centre. "They are also reacting to outside forces and in this case, it is the economy."

Not such a labour of love?

"Women aren't necessarily evolving toward some belief or comfort level with work. They are also reacting to outside forces and in this case, it is the economy."

Kim Parker
Pew Research Center study co-author

Sheryl Sandberg, author of Lean In, has attempted to examine why women's progress in achieving leadership roles has stalled. GETTY IMAGES



Among women who said their financial situations aren't sufficient to meet basic expenses, about half said working full time was best for them. Of the women who said they live comfortably, only 31 per cent said full time was their best situation.

Melody Armstrong, 34, of Hampton, N.H., works full time and says she wouldn't have it any other way.

"It works better for my family, and for our finances," Armstrong said in an interview. "It helps pay the bills and we can enjoy the lifestyle we have. We need to have two incomes."

Armstrong and her husband have six children between them, a blended family with one child off to college and a baby at home. She works for Double Black Imaging, a Colorado-based company that sells medical monitors. Armstrong says her company gives her the flexibility she needs to work her sales position from home.

"I do some work early in the morning or after dinner," Armstrong says, adding she can adjust around her children's school and sports schedules.

Mothers' attitudes — both for those who work outside the home and those who don't — have changed significantly. Among women with children under 18 years old, the proportion of those who say they would prefer to work full time has increased from 20 per cent in 2007 to 32 per cent last year.

When all adults were asked about working moms, however, just 16 per cent said the best situation for a young child is to have a mother working full time. Slightly more than 40 per cent said part time was ideal, and one-third said staying home was best for kids.

Guiomar Ochoa, 38, of Chevy Chase, Md., has two young children and works full time. She says she'd rather work part time but says it's just not an option for her family.

"We just can't afford to not have two full-time incomes," Ochoa says. "We wouldn't be able to do it otherwise."

Ochoa, an international specialist with the National Endowment for the Arts, says she's doing her best to juggle her career and caring for her children.

"I've done a really good job of wearing my mom hat when I get home and putting everything aside as far as work goes and focusing on them," said Ochoa.

THE ASSOCIATED PRESS

So what else is new?

Other findings in the poll:

- Roughly half of working mothers and fathers say they would rather be home with their children but work because they need the income.
- Fifty-six per cent of working mothers and 50 per cent of working fathers say it's either very or somewhat difficult for them to balance work and family.
- Forty per cent of working mothers with children under 18 and 34 per cent of working fathers say they always feel rushed.

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Oh what a wonderful workplace: when happiness is getting hired

Staff satisfaction.

A free cup of coffee isn't always the way to make employees love coming to their cubicle

JULIA WEST
Metro World News

Fortune recently released a list of the top 100 companies to work for.

At the top of the list was Google, followed by the analytic software company SAS and CHG Healthcare Services in Salt Lake City.

Each organization varies greatly in size and product, yet they are all developing a positive, successful environment. Looking closer, it appears these companies are doing many of the same things right.

Fun and freedom are a common thread for the companies on Fortune's list.

"If it isn't fun, no one is going to be there for very long. Team outings, ping pong tournaments — whatever fits your culture — create opportunities to laugh and to see each other outside of just your day-to-day professional titles," explains Nick Worswick, corporate vice-president and general manager at Seamless.com.

CHG Healthcare, number three on the list, keeps things lively with employee talent shows and trivia tournaments.

Casual get-togethers and friendly competition often aid in talent recognition and team-building.

These tactics keep employees happy, which is vital in the hospitality business. Coming in at number 28 on Fortune's list was Kimpton Hotels & Restaurants, owners of Philadelphia's Hotel Palomar and Hotel Monaco.

"At Kimpton, fostering a culture of care with a focus on fun has proven to be a recipe for success," explains Mike Depatie, CEO, Kimpton Hotels & Restaurants.

"Our employees are our brand, which is why we place an incredible amount of emphasis on making them feel their best at work."

A great big thank you

"Our employees are our brand, which is why we place an incredible amount of emphasis on making them feel their best at work."

Mike Depatie
CEO, Kimpton Hotels & Restaurants

Employee perks

It's safe to say we all want work to be fun, but fun isn't the only thing that makes for happy employees.

- "While perks like free cappuccino, rock-climbing walls and nap rooms are very nice, they remain perks," says Doug Claffey, CEO of employee survey company Workplace Dynamics
- "What we have found is that while these benefits are nice to have, they don't drive true employee satisfaction."
- According to a 2012 Workplace Dynamics survey of 1.7 million workers, people most desire the chance to be heard as well as a "visionary and inspirational leader that employees are confident in."
- It probably doesn't hurt, though, if that leader wants to put in a foosball table.

What would you prefer? A manager who made sure to listen to your every idea or a waterslide that led to your next meeting? ISTOCK

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NHL

Key injuries fail to slow down Pens

Sidney Crosby scored his 13th goal, Joe Vitale added his first in more than a year and Tomas Vokoun stopped 31 shots as the Penguins beat the Boston Bruins 2-1 on Sunday for their ninth straight win.

The Penguins moved into the top spot in the Eastern Conference even without reigning NHL MVP Evgeni Malkin — who missed his fifth consecutive game — and played the final two periods without the league's top-scoring defenceman Kris Letang, who didn't return after the first intermission following a seemingly innocuous collision with Boston's Brad Marchand.

THE ASSOCIATED PRESS

Penguin Sidney Crosby takes a stick to the face while battling Bruin Johnny Boychuk. GENE J. PUSKAR/THE ASSOCIATED PRESS

NBA

Heat keep streak alive in Toronto

LeBron James had 22 points, 12 rebounds and eight assists as the Miami Heat extended their record winning-streak to 22 games with a 108-91 win over the Toronto Raptors on Sunday afternoon.

Miami (51-14), matched the 2007-08 Houston Rockets at 22 and now trail just the 1971-72 Los Angeles Lakers (33). THE CANADIAN PRESS

Senators goalie Robin Lehner makes a pad save on Jets forward Evander Kane during the third period on Sunday night at Scotiabank Place. FRED CHARTRAND/THE CANADIAN PRESS

Sens lean on Lehner in victory over Jets

NHL. Youngster Silfverberg leads offence as Ottawa finds some breathing room against Winnipeg

On Sunday

Senators	Jets
4	1

There was a sense of celebration in the Ottawa Senators dressing room Sunday night and it was about more than just a 4-1 win over the Winnipeg Jets.

The win allowed the Senators to put an end to their 11-game streak of one-goal games.

"It was nice not being a one-goal game for once," said Ottawa's Kyle Turris, who scored his eighth of the season. "We played our game and finished strong."

Jakob Silfverberg led the way with two goals and Guillaume Latendresse picked up his second of the year for the Senators (15-8-6), who got 25 saves from Robin Lehner.

Zach Bogosian scored the lone goal for Winnipeg (15-12-2), while Ondrej Pavelec faced 42 shots.

The loss put an end to the Jets' three-game winning streak.

Trailing 2-0 heading into the third the Jets beat Lehner at 3:26 as Bogosian's shot from just inside the blue-line made it through traffic.

Evander Kane had a great chance to tie the game midway through the period on a 2-on-1, but was robbed by Lehner.

"We've seen a lot of good things from Robin, but maybe Lehner's Irish," joked Senators coach Paul MacLean. "He was outstanding tonight. The difference in the game was Robin."

Ottawa had a scare when Winnipeg's Dustin Byfuglien knocked Lehner down and he needed a few moments before getting back up.

"I don't remember much," said Lehner. "It was a big body coming at me and he hit me in the head, but fortunately I felt good after a little while and could finish."

Minutes later the Senators made it 3-1 with a power-play goal by Turris and 75 seconds later Silfverberg scored his second of the game.

THE CANADIAN PRESS

GSP flirts with perfection in Montreal

Montreal's Georges St-Pierre grapples with Nick Diaz on Saturday night at Bell Centre. GRAHAM HUGHES/THE CANADIAN PRESS

The Georges St-Pierre legacy grows, with another battered body in the UFC welterweight champion's wake.

The latest victim is Nick Diaz, who lost a lopsided five-rounder at UFC 158 before 20,145 at Montreal's Bell Centre on Saturday night.

"He fought the perfect fight," UFC president Dana White said of St-Pierre.

All three judges scored it 50-45 for the champion, awarding him all five rounds.

St-Pierre's 11th straight win adds to his glittering pedigree. The 31-year-old from Montreal has not lost in almost six years, since UFC 69 in April 2007.

St-Pierre (24-2) celebrated his eighth straight successful UFC title defence, second only to middleweight champion Anderson Silva's 10. He also tied Silva with most championship fight wins (11).

The Canadian also moved into second place in most championship fights (13). And he now holds the UFC record for most championship rounds at 47, surpassing Randy "The Natural" Couture's 44. THE CANADIAN PRESS

Quoted

"You know what, I've never paid taxes in my life, I'm probably going to go to jail."

Nick Diaz making a bizarre admission after losing to George St-Pierre in the main event of UFC 158 on Saturday night.

4 SPORTS

Canada skip Rachel Homan follows a rock as her rink plays against host squad Latvia at the world women's curling championship in Riga on Sunday. Homan defeated both Latvia and Denmark on Sunday to improve her record to 2-1.
ANDREW VAUGHAN/THE CANADIAN PRESS

Homan scores double takeout of Latvia, Denmark

World women's curling championship. Ottawa rink gets over opening loss with pair of wins

A touch of early jitters may have been a factor for the young Canadian players at the start of their first world women's curling championship.

Nerves appeared to be a thing of the past on Sunday as Ottawa skip Rachel Homan and her teammates settled in on the second day of competition, posting a pair of comfortable victories to improve to 2-1.

Homan beat Latvia 7-5 in the afternoon draw and topped Denmark 8-2 in the evening. It was a solid bounce-back day for Canada after a 6-4 loss to Scotland's Eve Muirhead on Saturday.

"We've put in the practice, we've put in the work and yesterday wasn't really us," Homan said. "We knew we'd come out playing really well today and just believing in our ability."

Homan and her team of Emma Miskew, Alison Kreviazuk and Lisa Weagle displayed the same form that helped them win their first Scotties Tournament of Hearts title just a few weeks ago.

In the early game, Homan pulled ahead 5-1 after four ends and was never really threatened the rest of the way.

"It's important to get that first win, especially after you had a bit of a sub-par performance in the first one," said Canadian coach Earle Morris. "You want to get back into feeling like you're playing like who you are and that game gave us that opportunity.

"It's something to build on."

Canada continued its steady play against Denmark, which opened with a deuce before Homan's rink turned it on, scoring eight unanswered points in the seven-end victory. THE CANADIAN PRESS

Leading the pack

After five draws, Switzerland's Silvana Tirinzoni had a share of the lead at 3-0 after an 8-5 win over China's Bingyu Wang. Sigfridsson outscored American Erika Brown 9-8 for her third straight win.

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metro

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	51	14	.785	—
Indiana	40	26	.606	11 1/2
New York	38	26	.594	12 1/2
Brooklyn	38	27	.585	13
Chicago	36	29	.554	15
Boston	36	29	.554	15
Atlanta	36	29	.554	15
Milwaukee	33	32	.508	18
Toronto	26	41	.388	26
Philadelphia	25	40	.385	26
Washington	23	42	.354	28
Detroit	23	45	.338	29 1/2
Cleveland	22	44	.333	29 1/2
Orlando	18	49	.269	34
Charlotte	14	52	.212	37 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	51	16	.761	—
Oklahoma City	49	17	.742	1 1/2
L.A. Clippers	46	21	.687	5
Memphis	44	21	.677	6
Denver	45	22	.672	6
Golden State	37	30	.552	14
Houston	36	30	.545	14 1/2
L.A. Lakers	35	32	.522	16
Utah	34	32	.515	16 1/2
Dallas	31	34	.477	19
Portland	31	34	.477	19
Minnesota	22	41	.349	27
Sacramento	23	43	.348	27 1/2
New Orleans	22	44	.333	28 1/2
Phoenix	22	45	.328	29

Note: division leaders ranked in top three positions regardless of winning percentage.

Sunday's results
Miami 108 Toronto 91
Milwaukee 115 Orlando 109
L.A. Clippers 93 New York 80
New Orleans at Minnesota
Golden State at Houston
Oklahoma City at Dallas
Atlanta at Brooklyn
Sacramento at L.A. Lakers

Saturday's results
Washington 127 Phoenix 105
Philadelphia 98 Indiana 91
Boston 105 Charlotte 88
San Antonio 119 Cleveland 113
Portland 112 Detroit 101
Utah 90 Memphis 84

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	30	22	8	0	108	80	44
New Jersey	29	13	10	6	72	81	32
NY Islanders	28	13	12	3	83	91	29
NY Rangers	27	13	12	2	65	67	28
Philadelphia	29	13	15	1	79	88	27

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	28	19	5	4	90	70	42
Boston	27	19	5	3	81	57	41
Ottawa	29	15	8	6	72	62	36
Toronto	29	15	12	2	86	83	32
Buffalo	28	10	14	4	73	88	24

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Winnipeg	29	15	12	2	77	85	32
Carolina	27	15	11	1	82	76	31
Tampa Bay	28	12	15	1	92	84	25
Washington	27	11	15	1	73	82	23
Florida	29	7	16	6	70	109	20

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	28	23	2	3	95	60	49
St. Louis	28	16	10	2	85	80	34
Detroit	29	14	10	5	78	75	33
Nashville	28	11	11	6	65	74	28
Columbus	29	11	12	6	64	76	28

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	27	15	10	2	70	68	32
Vancouver	27	13	8	6	77	77	32
Calgary	26	11	11	4	75	87	26
Edmonton	27	10	11	6	66	79	26
Colorado	27	10	13	4	69	84	24

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	27	20	3	4	90	66	44
Los Angeles	27	15	10	2	81	71	32
San Jose	27	12	9	6	64	69	30
Phoenix	28	13	11	4	77	78	30
Dallas	27	12	12	3	69	81	27

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Sunday's results
Pittsburgh 2 Boston 1
Ottawa 4 Winnipeg 1
Buffalo at Washington
Nashville at Edmonton

Saturday's results
Boston 4 Washington 1
Pittsburgh 3 NY Rangers 0
Ottawa 4 Buffalo 3 (OT)
Minnesota 6 Colorado 4
Montreal 2 New Jersey 1
Winnipeg 5 Toronto 4 (SO)
Columbus 1 Phoenix 0 (SO)
Tampa Bay 4 Carolina 1
NY Islanders 4 Florida 3
St. Louis 2 Anaheim 1 (OT)
Chicago 8 Dallas 1
Detroit 5 Vancouver 2
Los Angeles 5 San Jose 2

Monday's games
All Times Eastern
Carolina at NY Rangers, 7 p.m.
Philadelphia at Tampa Bay, 7:30 p.m.
Calgary at Dallas, 8:30 p.m.
Chicago at Colorado, 9 p.m.
Minnesota at Vancouver, 10 p.m.
San Jose at Anaheim, 10 p.m.
Phoenix at Los Angeles, 10:30 p.m.

SOCCER

MLS

Sunday's results
FC Dallas 3 Houston 2
Los Angeles 1 Chivas USA 1

Saturday's results
New York 0 D.C. 0
Kansas City 0 Chicago 0
Montreal 2 Toronto FC 1
Philadelphia 1 New England 0
Columbus 1 San Jose 1
Real Salt Lake 1 Colorado 1
Seattle 1 Portland 1

ENGLAND

PREMIER LEAGUE
Sunday's results
Sunderland 1 Norwich 1
Fulham 1 Tottenham 0
Chelsea 2 West Ham 0
Wigan 2 Newcastle 1

CHAMPIONSHIP
Sunday's results
Brighton & Hove Albion 3 Crystal Palace 0
Blackburn 1 Burnley 1

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
It may annoy you that you have to explain to others how to do something yet again but some people will be slow in mind as well as body today. Be patient. It will be appreciated – and more effective in the long-term.

♉ Taurus
April 21 - May 21
If there is something you feel you have to say then say it immediately. The longer you leave it the more controversy there will be when your words do finally come out. It's an important issue, so speak up.

♊ Gemini
May 22 - June 21
The things you want seem to be coming to you without much of an effort, which is nice, but think how much more you might achieve if you did put yourself out a bit. The world is yours – if you want it.

♋ Cancer
June 22 - July 23
For some reason various people have got it into their heads that you are a bit of a cold fish. Act with compassion and they will see you in a new light. Act as if you don't care and it will confirm their beliefs.

♌ Leo
July 24 - Aug. 23
However gloomy your current situation may be it WILL have a happy ending. That may not seem likely right now but before the day is over you will see a glimmer of hope – that will soon be a glaring light.

♍ Virgo
Aug. 24 - Sept. 23
Once you start on a new course you won't be able to stop, so make sure it's what you really want to be doing. If you have any doubts you should back off a bit.

♎ Libra
Sept. 24 - Oct. 23
No sooner is one emergency dealt with than another comes hammering at your door. But that's okay, you will take it all in your stride. Your reputation as a fixer will improve in leaps and bounds today.

♏ Scorpio
Oct. 24 - Nov. 22
Happiness is nothing more than a state of mind, so think pleasant thoughts and most likely you will have a very pleasant day.

♐ Sagittarius
Nov. 23 - Dec. 21
Take what your heart tells you on trust today and don't worry about backing it up with facts and figures. You should know by now that if you back your hunches there is every chance they will pay off.

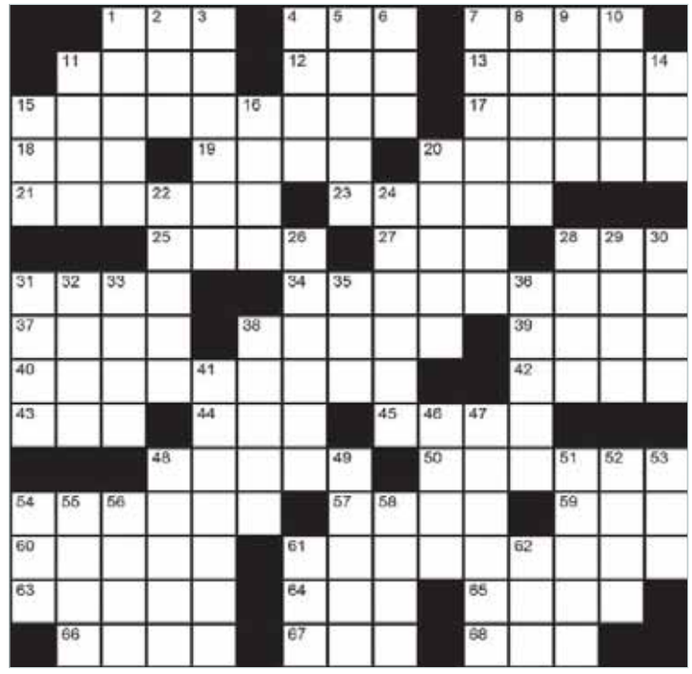
♑ Capricorn
Dec. 22 - Jan. 20
The more you worry the more you will give yourself something to worry about. Negative thoughts encourage negative events, so be positive at all times and believe that only good things will happen.

♒ Aquarius
Jan. 21 - Feb. 19
A friend or work colleague has a lot to say for themselves but if you analyze their words you will come to the conclusion that they are talking nonsense. Don't worry about their feelings: tell them what you think.

♓ Pisces
Feb. 20 - March 20
Push money and work worries to the back of your mind where they belong. Family and friendships are what you should be concentrating on. Is there someone you have not seen much of lately? SALLY BROMPTON

Crossword: Canada Across and Down

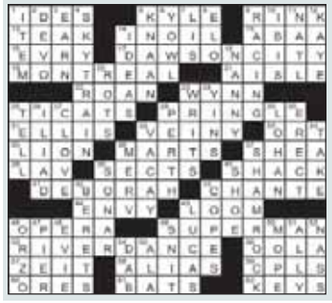
BY KELLY ANN BUCHANAN



Across
1. "Pulp Fiction" (1994) name
4. IV units
7. __ Lewis & The News
11. Comparison word
12. Particular plaints!
13. Beneath
15. New __
17. Boaster's retort: 2 wds.
18. 'Speed' suffix (More quick)
19. "__ & Grace"
20. CBC's "The Fifth __"
21. Like many a necklace
23. Representative
25. Fertilizer ingredient
27. 'Hallow' add-on
28. Philosophical†principle
31. Author, Earl __ Biggers
34. Quebec's Eastern __
37. Whizzes
38. Angelic
39. Butter substitute
40. Canadian pop/opera quartet: 2 wds.
42. The Himalayas, e.g.
43. Perfect
44. As well
45. Domesticated
48. Long-standing tiffs
50. American store replacing Zellers
54. Classical composer
57. __ & The Gang
59. Lyric poem
60. Mr. Cassidy (1970s heartthrob)
61. Like King Tut's remains
63. Shania Twain's "I'm __ Getcha Good"
64. Alcoholic beverage
65. U.S. state, for short
66. "Kiss from a Rose" singer
67. CNN's sister station
68. Unit of work

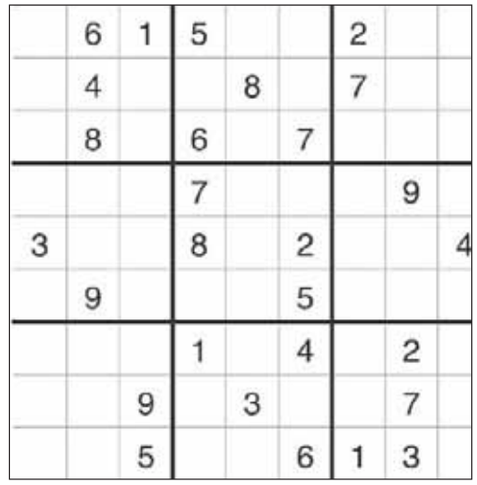
Down
1. "Star Trek" character
2. "I'm Your __" by Leonard Cohen
3. Barenaked Ladies' "Call and __"
4. Spring
5. Go by bike
6. Roughriders, on scoreboards
7. The Bay's back-to-roots name, __ Bay
8. Accord
9. Old Icelandic literary work
10. Beatles ballad, briefly
11. Forest fixture
14. __ v. Wade
15. Diner's shirt protector
16. Broad
20. Happening
22. Fred of Limp Bizkit
24. Most modern
26. Canadian author Margaret
28. Pinball infraction
29. "Does anyone have _ __?" (Notepad-holder's query)
30. Bears, in Barcelona
31. Info
32. Canyon feedback
33. Stench
35. Atop, in verse
36. Bart Simpson's dad
38. Anteater's nozzle
41. Jim Carrey movie, "__ Sunshine of the Spotless Mind" (2004)
46. Director Mr. Egoyan
47. Venom
48. Flora and __
49. Palaeontological find
51. Auctioneer's word with Once, Twice...
52. Shangri-la
53. Keanu's 'excellent' character
54. Food additive letters
55. Cries of surprise!
56. "Titanic" (1997) star Billy
58. Harbinger
61. __-jongg
62. 'F' in FWIW

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

6	2	3	7	9	5	8	1	4
1	8	7	4	3	2	6	9	5
4	5	9	1	8	6	7	2	3
8	4	1	5	7	9	2	3	6
3	6	5	2	1	8	4	7	9
9	7	2	3	6	4	5	8	1
5	1	4	9	2	7	3	6	8
2	9	6	8	4	3	1	5	7
7	3	8	6	5	1	9	4	2

Today
-3°/-6°
Partly cloudy
Tuesday
0°/-5°
5-10cm of snow
90%
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Check the 14 day trend.
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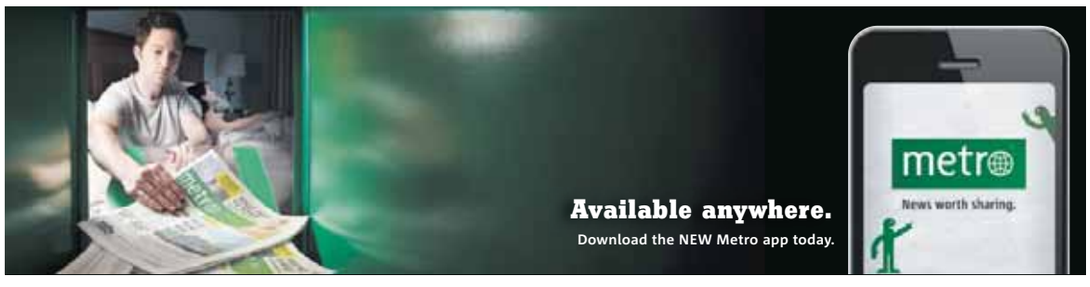

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